## What is claimed is:

1. A tongue cleaning device comprising:

an elongated member integrally formed of a flexible material, said elongated member defining a handle portion and a head portion; and

a cleaning portion attached to the head portion of said elongated member, said cleaning portion comprising a plurality of cleaning projections protruding outwardly from the head portion of said elongated member;

whereby the head portion of said elongated member can be pressed with the tongue against the roof of the mouth to conform the head portion to the shape thereof.

- 2. The tongue cleaning device of Claim 1 wherein said elongated member is integrally formed of a thin, flexible plastic material.
- 3. The tongue cleaning device of Claim 1 wherein said cleaning portion comprises a backing material having an adhesive on a first surface thereof adhered to the head portion of said elongated member, and having a plurality of projections protruding from a second surface thereof.
- 4. The tongue cleaning device of Claim 3 wherein the plurality of projections comprise a plurality of fiber loops.
- 5. The tongue cleaning device of Claim 4 wherein the cleaning portion comprises a loop portion of a hook-and-loop fastening system.

- 6. The tongue cleaning device of Claim 1 further comprising an antiseptic or antimicrobial compound carried in said cleaning portion.
- 7. The tongue cleaning device of Claim 1 wherein the head portion of said elongated member is wider than the handle portion of said elongated member.
- 8. A tongue cleaning device comprising:

  an elongated member integrally formed of a thin, flexible plastic material, said

elongated member defining a handle portion and a head portion; and

a cleaning portion comprising a backing/material having an adhesive on a first surface thereof adhered to the head portion of said elongated member, and having a plurality of fiber loops protruding from a second surface thereof;

whereby the head portion of said elongated member can be pressed with the tongue against the roof of the mouth to conform the head portion to the shape thereof.

- 9. The tongue cleaning device of Claim 8 wherein the cleaning portion comprises a loop portion of a hook-and-loop fastening system.
- 10. The tongue cleaning device of Claim 8 further comprising an antiseptic or antimicrobial compound carried in said cleaning portion.
- 11. The tongue cleaning device of Claim 8 wherein the head portion of said elongated member is wider than the handle portion of said elongated member

12. A tongue cleaning device comprising:

an elongated member integrally formed of a thin, flexible plastic material, said elongated member defining a handle portion and a head portion, the head portion having a width greater than a width of the handle portion;

a cleaning portion attached to the head portion of said elongated member, said cleaning portion comprising a loop portion of a hook-and-loop fastening system; and an antiseptic or antimicrobial compound carried in said cleaning portion;

whereby the head portion of said elongated member can be pressed with the tongue against the roof of the mouth to conform the head portion to the shape thereof.